

WHOLE HEALTH Newsletter

Whole Food • Fitness • Self-Care • Life Balance • Stress Mastery



A Holistic Approach To Making Healthy Lifestyle Changes & Creating Life Balance

MAY 2007 ISSUE

TIP OF THE MONTH: Mother's Day

FEATURE: Strategies And Food Suggestions For A Good Night's Sleep

IN THE NEWS: Exercise Linked To Less Anxiety, Depression

STRESS MASTERY: Say Om

LIFE BALANCE: Your Finances - What Is Your Intention?

FOOD: Arugula

UPCOMING EVENTS:

Sunday, 5/27/07 Hands-On Healthy Cooking Class - Sleep Promoting Menu

Sunday, 6/24/07 Hands-On Healthy Cooking Class - Indian Menu

Welcome to the May 2007 WHOLE HEALTH Newsletter!

This Newsletter, brought to you by **WHOLE HEALTH**, is intended to inspire you to master the art of healthy living, eat well, lose weight, reduce stress and create life balance.

Tip Of The Month: MOTHER'S DAY

Last week we celebrated Mother's Day, a special day set aside to remind us to appreciate mothers for all that they have done and continue to do for us. But don't wait until next year to tell her how important she is. Tell her often. Appreciating someone else creates good feelings for the person receiving as well as offering the acknowledgement!

Feature: STRATEGIES AND FOOD SUGGESTIONS FOR A GOOD NIGHT'S SLEEP

Although many factors influence how much sleep you really need, the common recommendation is eight hours a night.

May is National Sleep Month. How well are you sleeping? Adequate, restful sleep, like diet and exercise, is critical to good physical and emotional health.

According to Harvard Women's Health Watch, sleep helps the brain commit new information to memory. Chronic sleep deprivation may cause weight gain. Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness. Too little sleep can also leave one too tired to do the things they like to do. So, getting adequate sleep is pretty darn important. The following are some helpful suggestions for improving one's sleep.

Regular exercise, early in the morning or in the afternoon, may help you sleep better at night. Avoid vigorous exercise close to bedtime.

Keep a regular bedtime and awakening time. Erratic sleep habits prevent training of the "biological clocks" in our brains that help control our

In The News: EXERCISE LINKED TO LESS ANXIETY, DEPRESSION

According to the American Journal of Epidemiology, 4/15/07, a regular run through the park may improve heart health and also mental health.

In a study that followed a group of middle-aged British men for 10 years, researchers found those who got regular vigorous exercise were less likely to develop depression or an anxiety disorder over time. **Read** the full article.

Food: ARUGULA



This dark green

spicy/peppery tasting leafy vegetable supplies folic acid and some calcium.

alertness and ability to sleep.

Don't watch TV right before bed. Even better, get the TV out of the bedroom. Establish a relaxing bedtime routine/ritual which could include meditation, deep breathing, using aromatherapy or essential oils or indulging in a massage from your partner, a warm bath, reading, or another relaxing routine, all of which can make it easier to fall sleep. Learn to associate your bed and bedroom with relaxation, not with activities that will be likely to keep you alert. The bedroom should be used for relaxation, sleep and sex.

It may be helpful to listen to white noise or relaxation CDs. The sound of white noise or nature sounds, such as the ocean or forest, to be soothing.

Find a comfortable temperature setting for sleeping, keep the room well ventilated and ensure a dark and quiet environment. Sleep until sunlight. If possible, wake with the sun.

What you eat has an effect on how well you sleep. Some foods improve sleep, while others can make sleep difficult.

Tryptophan-containing foods promote sleep, because tryptophan is the amino acid that the body uses to make serotonin, the neurotransmitter that slows down nerve traffic so your brain isn't so busy. And vitamin B6 helps convert tryptophan to serotonin. Foods high in the sleep-inducing amino acid tryptophan include a glass of warm milk, seafood, meats, lentils, eggs and whole grains. Foods high in vitamin B6 include bananas, salmon, potatoes and chickpeas.

Magnesium is also important for a good night sleep. Studies have shown that magnesium deficiency results in agitated sleep and frequent periods of awakenings. Food sources high in magnesium include halibut, cashews, almonds, soybeans and spinach.

Spicy foods may cause heartburn. Overly sweet or fatty foods can also cause indigestion and/or bloating. Eating too much or too heavy a meal can disturb sleep because of indigestion, heartburn, or just plain discomfort.

Caffeine - chocolate, cocoa and caffeinated soft drinks, etc., acts as a stimulant. Drinking alcohol, as well as any sort of excessive fluids late at night, disrupts sleep, causing nighttime awakenings.

This month's cooking class features a **sleep promoting menu**. zzzzz :)

Stress Mastery: SAY OM

Repeat a mantra, a meaningful word or phrase, through out the day and or night. Studies have shown that mantras can help you cope better with stress. Your mantra can be spiritual in nature, such as "Amen" or "Om", or not totally unrelated to any tradition such as "Calm".

Life Balance: YOUR FINANCES - SET YOUR INTENTION

This is the second in a series on financial balance.

Money is a medium of exchange that allows you to participate in the most elementary aspects of your life: securing housing, putting food on the table and providing medical care for yourself and your family. Money can enable you to take a trip to a place you have always dreamed of, pay for the education of yourself and your children, and take advantage of living in lovely surroundings. And there is joy in giving money to a worthwhile cause whose mission touches your heart.

Setting one's intention is an important step to take when embarking on change. Your intention is what you want to feel, be, experience, have or create. Sample intentions around finances and money might include: to be empowered to create wealth and manage finances in highly-effective,

Arugula, also known as rocket or rucola, is a cruciferous vegetable that contains cancer-fighting chemicals. It also contains some beta-carotene and Vitamin C. Arugula is a spring vegetable.

Recipe
ARUGULA PESTO

1 bunch arugula, stems removed - 4 oz
2 3/4 tsps of coarse or Kosher salt
1/3 cup extra virgin olive oil
Freshly ground pepper to taste

Fill large bowl with ice and add water, set aside. Fill medium sized saucepan with water and 2 1/2 tsps. salt. Bring to boil. Add arugula and as soon as the water returns to a boil, remove with slotted spoon and place immediately into ice water to stop cooking process.

Transfer arugula to several layers of paper toweling and allow to drain. Roll up the towels and squeeze as much moisture as possible from the arugula.

Place arugula in a blender jar and add the oil, 1/4 tsp. salt and the pepper and puree until the mixture looks like thick pesto. There will be a small amount of oil on the surface. Use immediately or transfer mixture to a jar with a tight fitting lid if storing. This will keep for at least 5 days, refrigerated. Before using, stir the pesto to incorporate the oil accumulated at the top.

About Anne

Anne Trauben, RN, RYT, is a Lifestyle Wellness Educator & Personal Coach.



Her mission is to inspire, educate & empower busy professionals to master the art of healthy living by eating well,

losing weight, reducing stress and creating life balance through a process she calls "feel-good self-care" - a process that encourages clients to set their intention, develop mindfulness, establish calming simplicity in their lives and engage in healthful "nourishment".

Anne offers individual lifestyle wellness education & personal coaching programs, locally and nationwide, in-person and via phone. She also offers group corporate wellness programs, mindful living/stress mgmt. and healthy

successful ways, to feel financially secure and free, or to feel good about yourself in relationship to money.

What's your intention regarding financial health and money? Think big!

Upcoming Events: HANDS-ON HEALTHY COOKING CLASSES

Weehawken Location

Organic Food, Organic FUN!

Celebrate your health and indulge your taste buds with a simple, yet delicious, meal made from fresh, seasonal organic and/or local farmers market foods made by YOU!

Sunday, May 27, 2007 5:00 PM - 7:30 PM

SLEEP PROMOTING COOKING CLASS

Mixed Green Salad With Whole Citrus Vinaigrette

Herbed Whole-Oat Salad With Almonds

Roasted Red Potatoes With Rosemary

Lullaby Muffins

No-Bake Flax Snacks

Chamomile Tea

Sunday, June 24, 2007 5:00 PM - 7:30 PM

INDIAN COOKING CLASS

Sauteed Okra

Bharta

Chana

Indian Rice Pudding

Chai Tea

All Cooking Classes Feature:

- Hands-on cooking instruction of new simple cooking techniques
- Experimentation with new whole grains, vegetables and protein sources
- Fun and camaraderie with new people
- Enjoy a healthful and delicious meal at the end of class made by YOU!
- A copy of the recipes to take home

More like a cooking party! All levels attend, especially beginners!

Pre-register Today - \$55/class. Register With A Friend - 10% Discount.

Call 917-523-5168 or send an Email to Anne

Wanted to thank you again and let you know how much I enjoyed your cooking class. I feel motivated to learn more about how to utilize healthier, organic food options. I will be speaking to a few friends who I believe will be interested in joining us in another class. --D.G.

nutrition/weight mgmt workshops, a **Kitchen Quick Start program, Hands-on Healthy Cooking classes, health food store tours, yoga instruction** and she writes this informative email newsletter.

Visit **WHOLE HEALTH** and learn more about **Anne**.

To schedule an initial lifestyle wellness coaching consultation or to discuss bringing WHOLE HEALTH'S workshops or group programs to your organization, call 917-523-5168 or **click here**.

I lost 20 pounds and developed a much healthier perspective about eating, exercising, and cooking. I used to worry about staying motivated. I no longer worry, because I learned to take care of myself. My mood is happier, my energy level higher, and I've taken up yoga for relaxation. Anne is extremely supportive, motivating, and positive. I felt as if I could do nothing wrong in her eyes, even when I didn't feel that way about myself. That is a rare gift-- Thank you! --D.G.

THANK YOU For Reading WHOLE HEALTH Newsletter!

If you have any questions or comments, please **write to me!** I am interested in knowing what you'd like to learn more about, so if you let me know, I'll include it in an upcoming issue.

Please **forward** this newsletter to anyone and everyone, family, friends, coworkers, colleagues and neighbors, interested in living a healthy and balanced life.

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The information in this newsletter is presented for educational purposes only. It is not intended as a substitute for diagnosis or treatment by an MD, or as medical advice.

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